



## I WILL NEVER QUIT™ WORKOUT No.47

“THE BEST WAY OUT IS ALWAYS THROUGH.”

### PART 1: THE EDIFICATION

5-10 PULLUPS  
20 PUSHUPS  
20 CRUNCHES  
20 BODYSQUATS  
5-10 PULLUPS  
19 PUSHUPS  
19 CRUNCHES  
19 BODYSQUATS  
5-10 PULLUPS  
18 PUSHUPS  
18 CRUNCHES  
18 BODYSQUATS  
5-10 PULLUPS  
17 PUSHUPS  
17 CRUNCHES  
17 BODYSQUATS

GO ALL THE WAY DOWN TO 1 REP OF EACH FOLLOWING THE SAME PATTERN

**PART 2:** DEEP OVERALL BODY STRETCH (HOLD EACH STRETCH FOR 30-60 SECONDS)

**TODAY'S KNOWLEDGE:** Low volume cardio in just a “fat burning” zone does burn fat during the activity itself. However, high intensity cardio activity continues to burn fat up to 4-6 hours after your workout. Working in just the fat burning zone also does very little for the strength of the heart and lungs.

### TODAY'S WORKOUT SPONSORED BY

